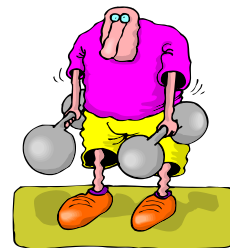




TOWN OF MOREHEAD CITY 60-Day Fitness Challenge



RULES

- This fun 60-Day Challenge focuses on improving employee fitness and overall health
- All full-time and part-time (year round) employees are eligible to participate
- All participants will have the opportunity to exercise/workout 2 hours per week on City-paid time – **YOU MUST BE ACTIVELY ENROLLED AND PARTICIPATING IN THE PROGRAM TO EARN THIS INCENTIVE**
- To participate in the Challenge, employees **MUST** sign up with their Department Head by Friday, January 24
- 60-Day Challenge starts on Monday, January 27, 2014 and ends on Friday, March 28, 2014
- 60-Day Challenge will be based on a point system with each activity earning a certain point value
- Activities are broken out into 2 areas: 1) Cardio training/exercise 2) Weight Training
- Activities are recorded on two 30-day fillable score sheets (electronically or manually – an electronic version will be emailed to all employees and also posted on MHC website under Human Resources/Wellness)
- At the end of the first 30 days (February 25) and at the end of the Challenge (March 28), score sheets must be turned in to Department Heads for mid-term and final stats to be calculated
- Point values will be accrued in 15-minute increments (see Point Scale below)
- Participants must earn 200 points a week to be granted 2 hours of leave time to work out
- At the end of the Challenge, recognition and awards will be given to all participants and top point earners in gender/age categories

Point Scale

Cardio Training/Exercise	15 minutes	25 points
Cardio Training/Exercise	30 minutes	50 points
Cardio Training/Exercise	45 minutes	75 points
Cardio Training/Exercise	60 minutes	100 points
Weight Training	15 minutes	25 points
Weight Training	30 minutes	50 points
Weight Training	45 minutes	75 points
Weight Training	60 minutes	100 points

BE CREATIVE!!
EARN POINTS BY CHALLENGING OTHERS IN YOUR DEPARTMENT
OR CHALLENGE OTHER DEPARTMENTS!!!
GOOD LUCK! HAVE FUN!